
The Blue Horizon

E Kokua Pakahi Kakou

February 2002

ISC Honolulu Work-Life Newsletter

Volume 10 Issue 2



February is designated as **American Heart Month**. When we think of February, many of us associate it with St. Valentine's Day – a day full of candy and chocolate, cards and e-greetings, anniversaries or birthdays. Some people, however, are gravely reminded of the death of a family member, friend, co-worker, or neighbor due to a **cardiovascular disease**. Little did most of us realize that jumping rope as kids in grade school was a **physical activity** that, if continued throughout life, could **prevent onset of diseases** such as Congestive Heart Failure, Coronary Heart Disease, Acute Rheumatic Fever/Chronic Rheumatic Heart Diseases, Hypertensive Heart Disease, and Pulmonary Heart Disease and Diseases of Pulmonary Circulation.

Remember these key points when asking yourself the importance of your heart and exercising:

- ♥ Jumping rope is just one of many cardiovascular activities that can improve the condition of our heart.
- ♥ Almost any physical activity which involves the use of large muscle groups and raises our heart rate to our target zone* for a sustained period of time will have long-term effects on our health status...we can even take years off our bodies with improved cardiovascular condition as we age!
- ♥ The heart is one of the major muscles in the human body, so just as we lift weights to build muscle in our arms, legs, and trunk area, we should naturally build our heart muscle with aerobic activity such as walking, jogging, cycling, and swimming.

(taken from an article on heart health written by LTJG Rochelle Cannon, Health Promotion Program Manager at Coast Guard Headquarters, in February's Health Promotion Bulletin)



CONGRATULATIONS TO MS. WANDA ALLEN-YEAROUT!

Your Work-Life Ombudsman Programs Coordinator, Wanda Allen-Yearout, was selected as the recipient of the 2001 Novella Gibson Whitehead Award For the Representative who most fully embodies the true spirit of and dedication to the National Military Family Association.

(see details on the Greensheet)

IN THIS ISSUE:



- ❖ Guidelines for Setting Rules & Sticking with Them
- ❖ Identity Theft
- ❖ Sponsorship Program
- ❖ Broken Family Ties
- ❖ Ecstasy: The Truth
- ❖ Chaplain's Corner: God's Love
- ❖ National Council of Coast Guard Spouses' Club Greensheet



Mission Statement: **Work-Life Programs enhance mission readiness through personal and command information, referral, and intervention for Team Coast Guard.**

Guidelines for Setting Rules & Sticking with Them

By
Ms. Mary Mansfield

The Family Resource Specialist (FRS), provides direct and referral services in the areas of childcare, elder care, scholarships for dependents, special needs, and adoption reimbursement.

Most child specialists agree that young infants cannot be spoiled and are too young to begin manipulating parents. However, by the time they approach their first birthday they soon learn that certain behaviors on their part will bring about predictable responses from Mom or Dad. It doesn't take long before they figure out when and where Mom and Dad are most vulnerable. The typical child continues to refine this skill well into adolescent years and for some, well into adulthood.

The bottom line in the balance of power between parent and child is the ability of the parent to set rules and follow through with appropriate consequences. Thus said, let us examine the basic principles of setting limits. There is nothing magical or new about them. They can work only if parents understand how essential they are, not only for the parent/child relationship, but also for the child's ability to function successfully in society.

1) Set rules that are appropriate.

- ❖ Continually evaluate rules to be certain they are developmentally suited and they are reasonable in scope and timing.
- ❖ Avoid setting too many rules.

2) Establish rules that you as a parent CAN and WILL enforce.

- ❖ Parents should be united in the setting of rules.
- ❖ Avoid setting yourself up with rules and consequences that you are unable to enforce or that place undue burdens on you as a parent.
- ❖ Have a plan in place for follow through.
- ❖ Involve older children in establishing rules that apply to them.
- ❖ Allow for occasional flexibility. (Example: "You seem to have an awful amount of homework. I'll excuse you from doing the dishes tonight.")

- ❖ Keep in mind that it is normal for children to test rules and boundaries.

3) State rules firmly and clearly.

- ❖ Be straightforward in stating rules.
- ❖ Very young children need little explanation of rules. Older children generally require the reasoning behind the rule, but explanations should be brief. Avoid setting yourself up for an argument over a rule. (This is not negotiable." Or "This is a rule in our house and I expect you to cooperate.") Remember, parents seldom win when they engage in arguments with their children.
- ❖ Be sure the child clearly understands what is expected of him. The perspective of a parent and a child are usually totally different. (Examples: "Clean your room," or "You need to be more organized on your math paper," are much too vague.) Be specific.
- ❖ Ask younger children to rephrase rules or requests.

4) Follow through.

- ❖ Use consequences that will create discomfort – in convenience, not physical punishment – for the child.
- ❖ Use consequences directly related to the misbehavior. (Contact Work-Life's Mary Mansfield for developing skill in this area.)
- ❖ Use **Grandma's Rule** or the **When – Then Rule**: "When you have finished picking up your toys, then you may go out and play with your friends."
- ❖ Enforce consistent consequences for rules not followed.
- ❖ Provide verbal positive reinforcement for rules that are followed.

NEED TAX INFO? NEED TAX FORMS?

VITA SATELLITE TAX CLINIC TO OPEN FEBRUARY 4th

The Volunteer Income Tax Assistance ("VITA") Clinic is located at the ISC Admin Building, 1st Floor, Room 25. Volunteers will be able to assist unit members and other eligible clients with individual tax questions and in filling out individual basic tax returns **at no charge**. Volunteers may not help assist in preparing complex returns, private business activities, or other profit making endeavors. Assistance provided by appointment.

To schedule an appointment, call the Legal Assistance Office at 541-2108. You may also contact the following volunteers directly:

PO1 Arnaz Deal	541-1539	YN1 Terri Paschall	541-1516
YNC Mark Dumars	522-8264 (ext 260)	SKC Jon Yun	522-8264
PO1 Qasim Foster	541-3251		

You may obtain an IRS form or publication at:

- ❖ PJKK Federal Building, I.R.S. Office, 300 Ala Moana Blvd.
- ❖ Most U.S. Post Offices and/or libraries
- ❖ VITA Satellite Tax Clinic, ISC Admin Bldg. Rm. 25

By Internet:

- ❖ www.irs.gov OR ftp.irs.ustreas.gov



WHAT TO BRING TO THE TAX CLINIC:

1. Social Security Card(s) for the taxpayer(s) and all dependents.
2. All of your W - 2's
3. All of your Form 1099's (Used to report interest, dividends, retirement income, brokerage transactions and miscellaneous income) Bring in any other forms which show income, i.e. IRA withdrawals, social security benefits, or retirement income.
4. Form 1098, Mortgage Interest statement
5. Form 1098 - E Student Loan interest statement
6. Do you pay for childcare? a) Full name and address of Provider, and b) SSN or Taxpayer identification number of Provider
7. Did you pay for college or education? a) Proof of payments (tuition, books)
8. Did you make a charitable contribution of \$250 or more? Bring written acknowledgement of contribution from the qualified organization
9. Divorced or Legally Separated and paying/receiving child support/alimony or claiming children as dependents? a) Bring copy of court decree:
 - 1) Final Decree of Divorce, or
 - 2) Separation Decree
 - 3) If tax payer paid alimony, need recipient's SSN
10. Last Year's (2000) Tax Return
To obtain a copy, complete IRS Form 4506, "Request for Copy of Transcript of Tax Form" and mail it to I.R.S. Center where return was filed.
11. Form W - 2 G, Gambling winnings
12. WANT AN ELECTRONIC REFUND? Bring a copy of your bank statement or a checking deposit form showing your name as account holder.

IF YOU HAVE FURTHER QUESTIONS, PLEASE CALL BELINDA ALCANTARA, LEGAL ASSISTANCE ATTORNEY, 541-2108.

TRANSITION & RELOCATION ASSISTANCE

By
Shirley D. Caban

As the ISC Honolulu Transition and Relocation Manager (TRM), my mission is to assist relocating and transitioning members and their families by providing them accurate and comprehensive information. In addition, I provide employment assistance, which includes job referrals, resume assistance and information on duty stations for CONUS and OUTCONUS locations.

This PCS season, several hundred members and their families will report to a new duty station in the D14 AOR. Relocation to a new area can be a traumatic and disruptive experience, especially overseas. The backbone of the Transfer Program is the Sponsor. Therefore it is prudent to review our efforts and responsibilities in assisting both our unaccompanied and accompanied members and their families in this process.

The objectives of a Sponsorship Program are:

- Ensure newcomers arrive feeling like members of the new team.
- Ensure newcomers and their families have positive first impressions of the unit and the area.

Relocating to a new duty station and getting established in a new community can be a challenging experience. Some members require little or no assistance while others have unique requirements that a standard information packet cannot meet. The individualized assistance and support a member and his or her family members receive from the new command set the tone for the tour and significantly affect the member's satisfaction during the assignment. Positive command and sponsor enthusiasm are invaluable at this critical time.

Good sponsorship will often make the difference between a good and bad move. It can:

- Reduce the culture shock virtually everyone coming to a new area experiences.
- Increase your unit and work team productivity by getting the newcomer settled in fast.
- Improve your unit morale by solving little problems before they cause big administrative headaches.
- If the newcomer is married, you'll be helping a whole Coast Guard family. Moving can be especially stressful for a spouse and children.
- Increase Coast Guard Quality of Life and Mission Readiness.

TIPS ON BEING A GOOD SPONSOR:

As a sponsor you provide the personal touch. Here are some key points about being responsive and making the newcomer feel like an important part of the team:

- Think of the kind of help you would want if you were making a move. Remember that each situation is

different, and not everyone wants or needs the same assistance.

- Personalize your approach, to your style and their needs.
- Listen. Many times a newcomer can reduce stress associated with a move by merely talking to someone "already there" who cares.
- Be responsive and follow through.
- Be open and stay positive. Let the newcomer form his or her own impressions about the unit and local area.
- If you miss a call, always call back the same day if possible. This is considered an official call that can be placed through your unit phone. Inform the newcomer whom to call if you are going on TAD or will be otherwise unavailable for a period of time.
- Be a sponsor for the entire inbound family. Ask questions about the family and their background.
- If you don't know how to respond to a particular issue, seek assistance from your supervisor, administrative yeoman, executive officer, ISC support staff, or the Work-Life Center.
- Stay connected with the newcomer for at least six months. Check on them periodically to ensure they are settling in okay. The term "settling in" refers to the newcomer's basic knowledge about the area, such as schools, shopping, restaurants, recreational opportunities, spouse employment opportunities, childcare, etc.

The ISC Honolulu Work-Life Transition and Relocation Manager (TRM) mails a comprehensive Welcome Aboard Package to all members within one week of receiving notice of the member's orders. Packages are designed specifically for each of the Hawaiian Islands, Guam, Japan, etc.

For further information on the packages, contact Shirley at 541-1586 or SCaban@D14.uscg.mil. Classes will be held at the Work-Life Training Room starting at 0900 on the following dates: Wednesdays: FEB 20th, 27th, March 20th, MAR 27th, APR 3rd; Thursday: April 4th

The maintenance of an effective unit Sponsor Program is a command responsibility and a vital tool to help our new shipmates quickly become fully productive members. Your Work-Life staff is happy to assist you in these efforts.

Broken Family Ties

By
Ms. Jeri Couthen

The Employee Assistance Program Coordinator (EAPC) provides preventive education in lifeskills areas, crisis management, and resource referrals. The EAPC goal is to help Coast Guard members, civilian employees, and family members make independent, informed decisions that improve their quality of life.

Some rifts between families might seem irreparable. Can anything be done to bridge the gap? Let's look at some of the most common reasons for family disagreements and what we can do to have a healthy relationship with our family members.

Most of the disagreements between family members are short-term and resolve themselves easily with some sort of compromise. Sometimes, however, they can escalate to a point where the communications break down completely. In the mind of at least one of the parties involved, something has been said or done that is absolutely unforgivable.

"Don't let the door hit you on the way out!" "You're no longer welcome in this house!" "You're dead to me!" An aggravated family member in the midst of his or her rage often shouts these kind of ugly, bitter phrases. They are too often definitive, immediate, and final.

For some families, however, the split is more gradual and subtle. One family member is no longer invited to family celebrations or holidays; letters from another go unopened or unanswered. There is no showdown or dramatic scene; instead the subliminal message to that family member is "you no longer exist in my world."

There are many, many reasons for rifts between families. Some typical situations are:

1. **Fights over money.** Perhaps a family member in need begged for a loan but when it came time to pay up, they copped an attitude and then avoided you like the plague.

2. **Disapproval of a family member's choices.** Some families see red when a member marries a person of another race, faith, or social class. The son's wife or even the children borne of an interracial relationship may not be acknowledged or accepted by other family members.

3. **Disapproval of a family member's sexual orientation.** Often this lack of acceptance occurs in not-so-subtle ways such as the partner not being allowed to attend family events or being referred to as "a friend" or "roommate." Not surprisingly, the person may decide to distance themselves from the family because being part of it comes with so many conditions.

4. **Divorce or breakup of a romantic relationship.** Far too often, children become pawns in their parents' game of mutual dislike; they are made to feel guilty for the time they spend with the other parent or for any positive feelings they have toward that parent.

5. **Contact poses a threat of physical danger or emotional pain.** Sometimes a family member's behavior is just plain harmful. The person may have an addiction that has resulted in their lying to or stealing from other family members. Sometimes a family member is abusive.

6. Relationships with family members should be viewed on a continuum with complete over-involvement on one end and estrangement on the other end. Estrangement can offer a measure of emotional, physical, and financial protection especially if there is a history of dysfunctional behavior that doesn't seem to be getting any better. This stance is often adopted when we feel

like we've done too much for a family member or that family member hasn't done enough for us. A healthy relationship would fall somewhere in the middle.

Opening the lines of communications is the key in moving toward a healthy relationship. Before initiating any kind of reconciliation, however, the following questions must be answered: What do I stand to lose, and what do I stand to gain by reconnecting with this person? Does my current attitude negatively impact me and those around me? What is the most I can expect of this person given his particular level of ability to interact in a healthy way?

Sometimes it's difficult to see any benefits to reestablishing contact; but, often, it's worth the effort because there are possible negative consequences associated with prolonged family disconnection. For example:

- ❑ Other family members are often put in the middle of the particular disagreements.
- ❑ Feelings of rage, vengeance and hatred can cause a tremendous amount of stress, which often brings a series of physical ailments; you may ultimately be hurting yourself more than the other person.
- ❑ As a parent, you may be providing a poor example to your children regarding how one should or shouldn't deal with conflict.
- ❑ When we lose one side of the family, we run the risk of jeopardizing the passing down of valuable information and medical histories.
- ❑ Each person is free to choose his or her own path in life. It is your prerogative not to like another's choice, but you don't have the right to impose your standard on others. **Love means accepting the differences. Bending others to your will is not love.**

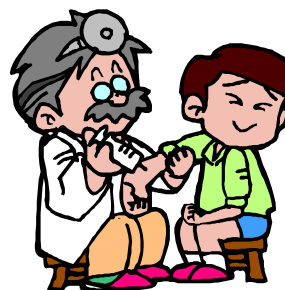
If the pros of reconciliation outweigh the cons, then you might have to reconsider your position. This may mean swallowing your pride and considering the sound reasons--if there are any--for bringing this person back into your life. Practice what you want to say by first writing it down. Talk about why you've kept your distance, the hope you have for the relationship, and

the behavior change you'd like to see. Make sure your tone isn't accusatory, because that will only put the other family member on the defensive. If you've contributed to the making of this dysfunctional situation, own up to your part in doing so. Talk about how you intend to be different as well.

You might want to ask a trusted friend to look over what you've written before having the actual conversation. If the degree of bitterness or hostility is so high that you don't trust yourself to have a rational, mature conversation, then use a mediator. This might be another family member, a minister, a professional family mediator or a counselor. There are inexpensive professional mediators in the community.

Remember, it takes the commitment of all parties involved to successfully reconcile. True healing begins when you can honestly say that you have exhausted all resources available.

BLOOD BANK NEEDS BLOOD



THE HAWAII BLOOD BANK IS IN CRITICAL NEED OF BLOOD. THIS SITUATION ARISES FROM A LOWER DONOR FLOW DURING THE HOLIDAYS DUE TO COLDS, HECTIC SCHEDULES, AND AN INCREASED NEED FOR BLOOD BY HOSPITALS FOR A HIGHER NUMBER OF SURGERIES AFTER THE HOLIDAYS. PLEASE HELP OTHERS BY GIVING BLOOD. PERSONNEL INTERESTED IN DONATING BLOOD AT HAWAII BLOOD BANK (2043 DILLINGHAM BOULEVARD, HONOLULU) SHOULD CALL THEIR APPOINTMENT LINE AT 848-4721. HOURS OF OPERATION ARE AS FOLLOWS: 0630-1700 (MONDAY, TUESDAY, WEDNESDAY AND FRIDAY)

0630-1900 (THURSDAY) 0630-1400
(SATURDAY)

Ecstasy: The Truth

By

HSC Daniel Friedman, USCG

The Addiction Prevention Specialist provides prevention education in the area of addiction, including tobacco. The APS goal is to help Coast Guard Active Duty members, Reserves, and civilian employees improve their quality of life.

HONOLULU--There have been a number of articles and commentaries in local newspapers concerning the drug Ecstasy. These articles appear to be sincere attempts to discuss the dangers of Ecstasy use however some of the statements are incorrect. Some have confused Ecstasy with Methamphetamine, while others have presented an extreme and unrealistic view of the dangers of the drug. It's time for some straight talk and information regarding Ecstasy and the dangers it presents to people. Ecstasy is not Methamphetamine; the two are members of the Amphetamine family of drugs but are structurally different. Methamphetamine is known by street names such as "ice" or "crystal meth," while Ecstasy has been called "E," "X," XTC," or "ADAM."

Methamphetamine purity is higher in "ice" than "crystal meth."

Ecstasy and Methamphetamine are central nervous system stimulants that work by increasing the release of certain chemicals in the brain or by prolonging their action. Ecstasy and Methamphetamine cause some of the same effects but there are a few important differences. First, Ecstasy has more of an affect on a chemical in the brain responsible for pleasure and sensory perception.

Ecstasy users report that colors and sounds come alive, and they feel more sympathetic and loving towards others. It is referred to as the "love drug" or "hug drug" because it promotes social interaction. Or, as users like to say, peace, love, unity, and harmony. Ecstasy is popular because it is cheap, easy to use (swallowed and doesn't require needles or pipes), and it produces a long lasting high. The drug easily fits into the "Rave" scene where groups of people come together to socialize, dance, and have a good time. A couple of hits of Ecstasy can be cheaper than a night of heavy drinking and, unlike alcohol, it allows the user to participate in the party for hours on end. Addiction to Ecstasy is uncommon because repeated use does not prolong the pleasurable effects. The brain runs low of chemicals affected by Ecstasy and needs time to produce more.

Methamphetamine on the other hand can be smoked, ingested, or injected and is addictive. Because Methamphetamine affects the brain in a slightly different way some experienced users will prolong their high by taking this drug when they start coming down from Ecstasy. Coming up positive for both Ecstasy and Methamphetamine may be one sign to a members Command that an individual is more than just a casual Ecstasy user.

Some news articles give the impression that Ecstasy causes instant brain damage, turning a person into a vegetable. While it does affect the brain, the damage is subtle and usually occurs over time with repeated use. Studies in humans show slight changes in memory, attention, and a reduction in reaction time. This can occur in persons using Ecstasy as little as 2 to 3 times a month. These studies also suggest that the more you use Ecstasy the greater the long-term affects. While it is true that there have been deaths associated with Ecstasy, these are usually a result of extreme use, dehydration, accidents, or in persons with underlying problems like heart abnormalities.

Death from dehydration is the major concern as body temperatures can rise above 104 F in persons who don't keep themselves hydrated. The Rave party scene is one of intense activity, and Ecstasy users can quickly become dehydrated as they dance for several hours on end. Some party organizers recognize this and set-up water stations and rest areas because they are interested in repeat customers.

One amazing thing among Ecstasy and drug users in general, is the trust users place in the drug dealer. Drug users blindly believe that the pill they are popping into their mouth is what the dealer says it is. Six people in Florida and three in Illinois trusted their drug dealer, and they died from using drugs they thought were Ecstasy, but were really PMA and PMMA; 2 other drugs in the

Amphetamine family. This illustrates one of the extreme dangers of Ecstasy and drug use. Because these drugs are not made under Government standards some have toxic by-products in them, or are laced with other drugs such as cocaine, caffeine, or PCP.

A cocktail of cocaine and Ecstasy is a recipe for disaster to someone with underlying heart problems. Drug dealers want to keep their customers coming back for more but do they really know how the drug was made or what is in it? Taking Ecstasy is not like taking a prescription pill from the medicine cabinet. Ecstasy manufacturing is illegal and the people who make it are in it for the money. Safe manufacturing processes usually don't cross their mind. Some Ecstasy users are lured into thinking that certain brands or symbols on the pill mean that it's the real stuff, but anyone can stamp a logo on a pill.

One drug dealer was recently apprehended with pills he was going to sell as Ecstasy but were really an herbal supplement for menopausal women. Taking Ecstasy is like Russian roulette; the chamber might be empty or it might have a round in it in the form of PMMA or other toxic chemicals.

When a person is on Ecstasy their reaction time, visual perception, and judgment are impaired. Like any person on drugs we don't want them driving an automobile, operating heavy machinery, or using a weapon.

Because the Ecstasy high can last four to six hours, an active duty member heading out to the range or turning a wrench may still be experiencing the effects of the drug after a late night of partying. The problem doesn't stop once a person comes down from the high.

With every high there is a low and Ecstasy is no exception. The effects after a person comes down from the high should be a concern for Commands. Drowsiness, fatigue, insomnia, and difficulty concentrating are effects that can last up to 24 hours after Ecstasy use. Because fatigue is a common cause of accidents, we may never know how much Ecstasy use contributes to these situations unless of course you are in a flight status and are tested after every accident.

Testing and education therefore are the keys to deterring Ecstasy use. Because Ecstasy has a short detection window of one to three days, the traditional Monday and after-every-holiday urinalysis test is not going to cut it. If a person uses Ecstasy on Friday they will most likely

be negative by Monday. Ecstasy users are well aware of this because there are dozens of Internet sites devoted to helping drug users beat urinalysis tests.

The Tripler Forensic Toxicology Drug Testing Laboratory, on the other hand, is devoted to helping Commands deter drug use. We have been confirming the presence of Ecstasy in urine specimens since 1995. Currently we screen all urine specimens for drugs in the Amphetamine family and confirm the presence and quantity of Ecstasy using the most advanced scientific methods.

In the coming year we will use new testing kits that are more specific for detecting Ecstasy. These new methods will allow us to lower the cut-off for a positive drug test and expand the time window for detecting the drug. All of these advancements however are only as good as the urinalysis sample. If we continue to conduct Monday and after-holiday testing and give members advance notice of urinalysis collection, experienced drug users will continue to beat the system and present a danger to themselves and others.

The drug deterrence program works if we educate members with accurate information and establish a truly random urinalysis program.

Lt. Col. Mark R. Bruins, Ph.D.
Forensic Toxicology Drug Testing Laboratory

(Editor's note: Lt. Col. Mark R. Bruins, Ph.D. is the commander of the Forensic Toxicology Drug Testing Laboratory at Tripler Army Medical Center.)

FAMILY SUPPORT CENTER @ HICKAM AFB

Building 1105, 449-2494 or 449-6475

www.hickam.af.mil/FamSup

ARE YOU THINKING ABOUT ADOPTION?, Feb 20, 4:30-5:30

pm. This class is designed to help prospective adoptive parents understand the costs, legal matters, and emotional and familial issues involved in the adoption process. There will be a question and answer period at the end of the class, so bring all your related concerns.

DEALING WITH DIFFICULT PEOPLE, Feb 6, 9:00-11:00 am.

Life can be fun and challenging. For those challenging times, join us in learning how to bring out the best in people. Try it on family members, co-workers, or customers. This workshop is designed to identify several types of difficult behavior and give you formulas for changing attitudes.

DEPARTMENT OF VETERANS' AFFAIRS (VA) BENEFITS

COUNSELING, Feb 12, By Appointment. Direct from the Department of Veterans' Affairs to Hickam. A counselor will be available for individual 30-minute appointments to address questions and concerns regarding such topics as education, loans, life insurance, and disability and compensation for separating/retiring personnel.

FAMILY READINESS BRIEFING, Feb 4, 11, & 25, 1:00-2:00

pm. Create your own Personal/Family Care Plan in advance. All AF active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Learn about free phone cards, childcare, and car care.

INTERVIEWING WITH CONFIDENCE, Feb 19, 9:00-11:00

am. Experts agree that the most critical part of the hiring process is the interview. Learn the skills and techniques to turn your apprehension into anticipation.

INVESTING MADE SIMPLE, Feb 20, 2:00-3:30 pm. This class is designed for the person who is thinking about getting started in investing for the future. It will provide a solid overview of investing vehicles, such as mutual funds and stocks, and will address your risk tolerance. Learn about the different resources available that can help you build your financial future.

LOOKING FOR EMPLOYMENT IN HAWAII, Feb 5 & 26,

8:30-

11:00 am. Let us help you find the job you want! Explore local employment trends, be informed on employment and education resources, and register to use the JEMS computerized job bank. Class size is limited. Registration is required.

MONEY MANAGEMENT, Feb 6, 1:00-2:00 pm. This "hands-on" class will offer the participant the opportunity to create a budget using the automated program available in the Family Support Center's Resource Center. Participants will also use the PowerPay debt management software to assist with credit management.

NEW TO HAWAII FINANCIAL BRIEFING, Feb 13, 1:00-2:00

pm. Designed for all E-4s and below at their second permanent duty station. This financial orientation will help you with your unique assignment to Hickam and introduce you to the services of the Personal Financial Management Program. Other topics include budgeting, the wise use of credit, and state and county liability laws.

Active duty members must register through their orderly room. All others, please call 449-2494.

PLAYMORNINGS, Tuesday-Friday Sessions, Feb 5-28, 9:00-

11:00 am. Free and fun playgroups. Parents and children ages 1-5 are invited to join our early childhood specialist for age-appropriate educational and recreational activities. All sessions are held at the Youth Center skating rink. No registration required.

RESUME WRITING I, Feb 21, 1:00-3:00 pm. The resume is the first step towards landing an interview. This class will provide you the necessary tools to make your resume competitive in today's job market. Topics of discussion include style, mechanics, "buzz words," and types of resumes.

RESUME WRITING II, Feb 28, 1:00-3:00 pm. You will have the opportunity to have your draft resume reviewed by other participants and FSC staff members. Resume Writing I, TAP Workshop, or equivalent training is required prior to attending this class.

RETIREMENT STRATEGIES, Feb 27, 2:00-3:00 pm. Will you have enough money for travel, hobbies, and recreational activities you want to enjoy? The high cost of retirement is a concern many Americans share. How much money will you need to retire? This educational workshop will help you prepare for retirement.

SELF-ESTEEM: I MAKE A DIFFERENCE!, Feb 20, 9:00-

11:00 am. Achieve confidence, credibility, and composure. This workshop aims to help individuals identify and build their self-worth as well as recognize the positive differences they make in the lives of others.

SMOOTH MOVE, Feb 28, 9:00-11:30 am. Being prepared makes relocation less stressful. Subject matter experts will update you on the latest policy changes that may impact your move. All members and/or spouses are encouraged to come.

SPONSORSHIP TRAINING, Feb 7, 9:00-10:30 am. Be a super sponsor! As the unit's ambassador, you can make the relocation to Hawaii a very positive experience. Let us help you by giving you a one-stop shop of the necessary tools and resources needed to be successful. Recommended for all and essential for the first-time sponsor.

TRANSITION ASSISTANCE PROGRAM (TAP) WORKSHOP,

Feb 12-14, 8:00 am-4:00 pm, Daily. Join us for a smooth and successful move to a second career or to retirement. Instructors from the Departments of Labor, Defense, and Veterans' Affairs, and other community and base experts will provide information and training on the job search and other critical elements of the transition process. Spouses are highly encouraged to attend.

VOLUNTEER ORIENTATION, Feb 7 & 21, 11:45 am-12:45 pm

(American Red Cross, Bldg 1113). Volunteers are needed and wanted on Hickam. Learn about the many volunteer opportunities within the 15th Air Base Wing, PACAF, or tenant agencies. Schedule attendance through the American Red Cross at 449-1488.

VOLUNTEER SUPERVISORY TRAINING, Feb 13, 11:45 am-12:45 pm (American Red Cross, Bldg 1113). Supervisors can make a difference in a volunteer's life! Learn how to hire, motivate, and reward volunteers. Call American Red Cross at 449-1488 to register.

Chaplain's Corner

By
LT Daniel E. McKay, CHC, USNR

February is a wonderful time of year. Why? Because in the heart of winter, in the heart of this month, we are encouraged to keep love alive in our hearts. And certainly, to borrow a phrase from Burt Bacharach, "What the world needs now is love, sweet love, no not just for some but for everyone." But, we must ask, where does the capacity to love one another come from? Such all-encompassing, expansive love isn't really possible. Right?

Yes, humanly speaking, it's true. To love all people, regardless of race, color, creed, or other would be barrier, is not possible. History's record makes this truth abundantly clear. What is equally clear, however, is that God's love is able to change the human heart and condition. For example, those who are transformed and empowered by God's love stand apart from the rest. How so?

Well, first of all, they are filled with *Laughter*. God's love has set them free: from anger to joy; from hatred to harmony; from restlessness to peace. Theirs are the glad heart and the happy countenance (Proverbs 15:13).

Second, they are *Optimistic*. God's love gives them a new vision: from blindness to sight; from darkness to light; from fear to faith. Theirs are the heart and mind stayed on God (Proverbs 3:5-6).

Third, they are *Victorious*. God's love enables them to do the otherwise impossible: from can't to can; from won't to will; from don't to do. Theirs are the plans and work of the heart committed to God (Proverbs 16:3).

Fourth, they are *Energetic*. God's love emboldens them to greater service: from self to selflessness; from hoarding to sharing; from staying to going. Theirs are the deeds of

righteousness and justice flowing from the heart to others as unto God (Proverbs 21:3).

Yes, "What the world needs now is love . . . for everyone." And through God's love this goal is reachable: one heart at a time.

Religious Faith and USCG History Calendar:

01 Feb 1944	Namur Island, Kwajalein Atoll Invasion
02 Feb 1944	Saldor, New Guinea Landings
02 Feb 2002	Presentation of Jesus at the Temple (Christian)
03 Feb 1943	USS DORCHESTER torpedoed: USCGC COMANCHE and ESCANABA rescue 230 survivors
03 Feb 2002	Four Chaplains Sunday (Christian/Jewish Interfaith)
04 Feb 1859	RC HARRIET LANE assists US Navy expedition in opening the Paraguay and Parana Rivers
06 Feb 1996	Coast Guard units assist many victims during severe flooding in the Pacific Northwest
09 Feb 1968	USCG vessels assist in the most important naval victory in Vietnam: the MARKET TIME blockade
10 Feb 1992	Alex Haley, retired USCG Chief Journalist, dies of a heart attack
12 Feb 2002	Shrove Tuesday (Christian)
13 Feb 2002	Ash Wednesday (Christian)
14 Feb 2002	Valentine's Day
14 Feb 1903	Transfer of the Lighthouse Service from the Treasury Department to the Department of Commerce and Labor
16 Feb 1926	Grounds at New London, CT obtained for construction of the USCG Academy
17 Feb 1944	Eniwetok & Engebi, Marshall Island Invasion
19 Feb 1941	USCG Reserve established
19 Feb 2002	President's Day
21 Feb 1943	USCGC SPENCER sinks U-529
22 Feb 1943	USCGC CAMPBELL helps capture U-606
22 Feb 1944	Parry Island (Marshall Islands) Invasion
23 Feb 2002	Eid ul Adha (Islam)
25 Feb 1942	Executive Order delegates port security to the USCG
26 Feb 1793	First Secretary of the Treasury, Alexander Hamilton, submits first list of all cutters to the Senate
26 Feb 2002	Purim (Jewish)

In God's love,
Chaplain McKay



Greensheet

National Council of Coast Guard Spouses' Club

TWO CG WIVES WIN NATIONAL AWARDS

CONGRATULATIONS TO MANDI STEHN *USO "Spirit of Hope" Award*

Mandi Stehn, Webmaster for CGSpouses.Net, was awarded the prestigious "Spirit of Hope" Award from the USO. The award was presented to her by Henry Mineta, Secretary of Transportation at the Washington, DC Coast Guard Ball, held at the Crystal Gateway Marriott, in Arlington, Virginia, on November 17th. Below is the announcement from the ball program:

"The "Spirit of Hope" Award is given to USO entertainers and other distinguished Americans whose patriotism and dedication to the men and women of the Armed Forces reflect that of the USOs Ambassador of Good Will, Bob Hope. In November 1997, Bob Hope was designated the first and only honorary veteran of the United States for his decades of entertaining troops, both in peacetime and in combat zones.

The recipient of this year's "Spirit of Hope" Award is Ms. Mandi Stehn, a Coast Guard spouse of eleven years and the site owner and administrator of CGSpouses.Net, a web site developed to foster support, fellowship, and deliver essential information to CG spouses throughout the world. She has recruited a team of eight moderators ranging from a retired senior officer to a newly married enlisted wife. CGSpouse.Net offers camaraderie, support, and information at the click of a button: thus, combating the stressful effects of isolated duty and promoting the positive effects of what it means to be a Coast Guard family."

CONGRATULATIONS TO WANDA ALLEN-YEAROUT *2001 Novella Gibson Whitehead Award*

Wanda Allen-Yearout was awarded the 2001 Novella Gibson Whitehead Award by the National Military Family Association during their Annual Luncheon, November 14th, at the Army Navy Country Club, in Arlington, Virginia. The following is the award presentation from the Annual Luncheon Program:

*"2001 Novella Gibson Whitehead Award
For the Representative who most fully embodies the true spirit of and dedication to the National Military Family Association*

Since 1984, Wanda Allen-Yearout has been an exemplary NMFA Representative and Headquarters Volunteer. Wanda's concern, support and active participation with Coast Guard families, has made her a model representative whom many seek to emulate. Her contributions always go beyond normal expectations, because of her desire to improve NMFA's Representative program especially through her work with the McCormick Tribune Foundation Grant Committee.

Wanda is being recognized for her giving spirit and continuous contributions made to the Association and therefore to the quality of life of all military families."

NEWSLETTER/WEBSITE CONTEST

The time has come to submit your entries for this year's Newsletter/Website Contest. We kicked off the annual contest in the fall edition with the rules and submission information. It's time to blow the whistle and end this year's contest.

Newsletter entries from spouses' clubs and Ombudsmen: send your cover letters and 5 copies of your selected newsletter to Anne Perkins, 101 Main St., Thomaston, ME, 04848. Mailed entries must be post marked by 30 Jan. 2002. Spouses' clubs submitting their **websites**: send an email with the contact information and website address to: Perk81@aol.com no later than 30 Jan. 2002. Good luck to all of you!

2 GREENSHEET

EDUCATION AND MILITARY CHILDREN

Our military families relocate an average of nine times during a twenty-year career. These moves create challenges for military children, inside and outside of the classroom. This problem is under study and many organizations have taken up the advocacy of military children: The National Military Family Association (NMFA), Military Child Education Coalition (MCEC), Military Impacted Schools Association (MISA), National Association of Federally Impacted Schools (NAFIS), and Special Training of Military Parents (STOMP). Together these organizations have identified several areas of concern and solutions.

Areas of Concern

Continuity of instruction: Each state and local school system bases their curriculum on their static population with each level building on the previous one. Military children from out of state or overseas enter these school systems for a few years and leave again.

Curriculum differences: Military children often repeat courses due to this difference, especially if the new school does not accept the credits from the last school.

Grading systems/class ranking systems: Courses in one state are not given the same grade points of another, high school honors courses are a good example. The different grading system may lead to a decrease in academic standing and class ranking.

Credit variances: Schools give varying credits to classes, especially combined or block schedules.

Graduation requirements: The number of credits and core classes differ from state to state. State history and government courses are usually required with no credit for the last state's history and government course.

Special Education: These students face even bigger challenges with each move. The new school often starts from square one again, testing before placement.

The list goes on: Gifted and Talented Programs, school records and their interpretation, scheduling, parent communication, state assessment tests, and emotional issues. High school graduation does not end the problems. Military children going on to postsecondary schools face legal residency requirements impacting the amount of tuition.

Possible Solutions

Partnerships: Parents with educators, installations with local schools, parents with the installation commanders, and legislators with DoD. Some examples:

- Military representative on the local school board
- School official as liaison to the military installation
- A military person acting as liaison for the installation commander to the local schools
- Orientation tours of the installation for educators and staff to understand the military lifestyle
- Adopt-a-school programs
- Parent resource teams to bring their expertise to the community
- Link school based websites with unit websites
- Military children peer counseling each other.

Flexibility and Reciprocity

Reciprocal agreements among school districts on giving equal credit for courses, tests, graduation requirements, and other schoolwork. This will allow every military child the opportunity to reach their academic, athletic, and social potentials.

Department of Defense

The Department of Defense has created the Educational Opportunities Directorate. This news office is under the Deputy Assistant Secretary of Defense for Military Community and Family Policy. Their sole focus is to create and implement strategies for improving collaboration between all agencies involved with educational opportunities for military related students. A main role is advocating for continued quality of education for military children levels K-12.

Two programs have grown out of this focus so far. The Community/School Partnership program pairs DoDEA schools with stateside schools that serve military families. And the Connect with America on Education is a three-part program run by DoD and MCEC that brings all involved parties together in regional roundtable discussions.

Effective and Efficient Funding

The Impact Aid program has never been fully funded. This must be corrected and an automatic funding mechanism put into place to avoid rehashing the issue every fiscal year.

Effective Advocacy

Every parent must advocate for his/her child. Parental involvement is necessary. Parents can accomplish this by: assisting/volunteering, keep regular communications with teachers, be knowledgeable of the curriculum, select challenging course for their children, and participate in school activities.

3 GREENSHEET

This Quarter

January – Martin Luther King's Birthday, Healthy Weight, Birth Defects Prevention, National Eye Care

February – Valentine's Day, Presidents' Day, American Heart, Mardi Gras, Ash Wednesday, African American History, Child Passenger, Children's Dental Health

March – St. Patrick's Day, CG Ombudsman Appreciation Day, Women's History, Mental Retardation Awareness, Colorectal Cancer Awareness

Ombudsman Corner

Quick List

One of the most important responsibilities of an Ombudsman is identifying resources for your specific location that your unit families will need. Gathering this information, organizing it for use, and updating it on a regular basis will keep your resource files accurate.

Once this task is complete, it will be very helpful to bring all the information together in a "quick list." This listing lets you see all your important numbers on one sheet. If you put this sheet in a plastic document cover and place it in your phone log it will be easily accessed and will take lots of wear and tear.

Listed below are some suggested numbers you might need on your "quick list".

- Commanding Officer and Executive Officer (work, home, cell, pager)
- Unit/Admin
- Command Master Chief (work, home)
- Other Ombudsmen
- Officer of the Day
- Command Center
- Mutual Assistance Officer
- PERSRU
- Housing
- Health Benefits Advisor
- ID Cards
- Public Affairs
- Medical Appointments
- Exchange
- Commissary
- Child Care Center/Family Child Care Providers

- Legal
- MWR
- Work-Life Staff
- Red Cross
- Domestic Violence Hotline/Shelter
- Food Stamps/WIC
- Fire Police/Security
- Ambulance
- Poison Control
- Humane Society
- School District Office
- Elem./Middle/ High Schools
- Vehicle Registration/Drivers' License
- Voters' Registration

Rights and Benefits

As of press time:

- Effective 1 January the **basic pay** raise ranges from 5 to 15 % depending on rank and time in service.
- **Basic Allowance for Housing** will be increased by an average of 10%.
- The **Subsistence Allowance** will increase for officers, enlisted on separate rations, and enlisted members required to eat in dining halls.
- **Per Diem** rates will increase to match rates for civilian federal workers.
- The reimbursement for fees related to **pet quarantine** will be \$550 per PCS.
- **Dislocation Allowance** will now be paid for: initial duty moves, families forced to vacate quarters, and dual military couples without children.
- **Frequent Flyer miles and other promotional items** now may be kept by the military member and their dependents. (IRS studying this)
- Owners of private vehicles in storage during overseas assignments will be able to get **storage fees** in advance.
- **Student travel** has been expanded to include military dependent students enrolled in foreign study program at US based schools whose military sponsor is stationed overseas.
- Some **commissaries** will begin selling cards and magazines in February.
- Military **retirees** will receive a 2.6% **COLA** increase
- The Defense Commissary Agency reports savings of 30.4% when comparing items with same UPC codes between commissaries and civilian grocery stores in the continental US.
- The **fee for shipping a car** between stateside duty assignments will be paid to the amount it would cost to drive the car to the new duty assignment.

4 GREENSHEET

Scholarship Information

Coast Guard Mutual Assistance Education Grant Programs for spouses and dependent children **will not** be funded for the 2002-2003 school year. This action was necessary to ensure the most needed financial assistance requests could be met this year. Look for this program to return in future years.

Passwords

By Wanda Allen-Yearout

Isn't technology wonderful? I am always totally amazed at all the new gadgets and their abilities. And have you noticed everything needs a pin number or a password? It boggles the mind.

When I sit down at my workstation (computer) at work, I have to log on with a password. That's not difficult, but I have to change it every 90 days. Now I could take the easy way out and just pick one password and just keep changing it by adding a numeral starting with one and go on to infinity. I, on the other hand rack my brain to come up with something new every 90 days.

I came up with a system to use holidays and dates important to me as passwords. I've used: *cgp picnic*, *milspouseday*, *easteregg*, *fireworks*, *hohohoho*, *ombudday*, *mybday*, etc. The password had to be something simple I could actually remember without writing it down. Hey! I didn't major in rocket science; it was Child Development and Family Relations. I really identify with children giving their attention to holidays and food rather than technical stuff.

The beginning of September, I sat down at my workstation, logged on, and was told my password would expire in 5 days. It wanted to know if I wanted to change my password right then. I thought, "Sure! Now let me just think a minute." I happened to be feeling like Chicken Little that day with my sky starting to fall on my head. Before I realized what I was doing I had typed in: *godhelpme*. Yes, that seemed to say it all that day.

A few days later, on September 11th, I watched with the rest of the world as the Twin Towers fell, the Pentagon was hit, and the jet crashed in Pennsylvania. I was scared to death. I talked to all my children and didn't hang up without saying, "I love you." I just needed to hear their voices. Then I went to work to take care of my Ombudsmen. With

several units underway, I knew they would be waiting to hear from me.

As I sat down at my workstation, I logged in with *godhelpme*. I stopped for a moment and thought. I took a couple of deep breaths, dried my eyes, and got to work. Every time I left my desk that day for coffee or a look at the TV reports, I came back to my locked workstation and had to re-enter my password. Each time I logged in with *godhelpme*, I was really praying for the strength to get through the day. I knew I had to stay calm for my Ombudsmen, and they had to stay calm for their unit families. It worked like a line of dominoes. I couldn't be the one to start the whole line falling.

As the days and weeks passed, *godhelpme*, started my workdays off with the support I needed the most. Then it occurred to me that I needed a positive affirmation as my password from now on. A password to get me moving in the right direction to a goal, or a challenge. It worked so well before, why not try again.

In the beginning of December, the computer told me my password was expiring and I could change it now. "OK", I thought, "I'm ready for you this time." Being the weight challenged, middle-aged woman that I am, I very calmly typed in *loseweight*. The goal was set and the daily mantra evoked. One month later I was ten pounds lighter.

National Council of Coast Guard Spouses' Clubs

Honorary Advisors:	Kay Loy, Nancy Collins
Advisor:	Brenda Bell
Co-Chairs:	Lori Stillman, Judy Brusseau
Admin.:	Trena Stalfort
Finance:	Anne Perkins
By-Laws:	Judy Brusseau
Communications:	
Website Coordinator;	Mandi Stehn
GREENSHEET Editor	Wanda Allen-Yearout
Newsletter Contest	Anne Perkins
Co-Chairs	Wanda Allen-Yearout
Work Life Liaison:	Elaine Sweetland

Contact Board members at: www.cgspouses.net/clubs/
Contact GREENSHEET Editor, Wanda Allen-Yearout, by email at yearout@aol.com. Please submit any fundraising or organizational tips for your club.

Ombudsmen are also encouraged to submit issues/concerns for the Ombudsman Corner.

Deadline for the Spring Edition is March 8, 2002.



OAHU HOUSING CORNER FEBRUARY 2002

2001 FOURTH ANNUAL HOLIDAY DECORATION CONTEST

We appreciate all the hard work and creativity from all the residents who participated in our Third Annual Holiday Decoration Contest.



CONGRATULATIONS TO OUR WINNERS

For the Officers, we had a tie:

2001 Welcome Place, CWO2 Troy T. Luna and Family

2002 Welcome Place, CWO2 Paul I. and CPO Leesa J. Morgan, and Family



For the Enlisted:

903 Kukui Drive, BM3 Timothy M. Smothers and Family.

Pet Owners



Please be advised that all **pets are to be confined, unless controlled by a leash**, to the unit and/or enclosed yard assigned and **shall not** be permitted to run at large. When walking your dog, all pet owners will pick up and dispose of all pet droppings.

Vehicles and Parking

UNDER NO CIRCUMSTANCES SHALL A GUEST BE ALLOWED TO PARK WITHIN THE COURT



Parking in courts of KKH is limited to tenants only. Each KKH unit is assigned one specific covered parking stall. Unnumbered and uncovered spaces are available on a first-come, first-served basis, and only for tenants of that court. Visitors are required to park on curbside, on the street in areas that are not painted red. All cars parked in KKH areas, whether it be tenants or guests shall have an current registration sticker, safety inspection sticker, and, when applicable, DOD sticker. Violators will be reported to the Fort Shafter Military Police and will be ticketed accordingly. Vehicles not displaying the DOD sticker, expired license plates, or safety inspection decals for more than 72 hours will be subject to towage at the owner's expense.



REMINDER THAT 100% ID CHECKS AND RANDOM VEHICLE CHECKS ARE STILL IN EFFECT

- Vehicles entering Coast Guard housing will be required to have DOD stickers, valid military ID and subject to random vehicle searches.
- Houseguests staying for eight days or longer, approved family care plan personnel, approved caregivers, agent card holders are required to obtain an **Installation Access Pass**. Call KKH Housing Office at 831-2766 or go to the KKH Housing Office for information/forms.
- Residents providing childcare to individuals **without** valid military ID and DOD stickers must be met at the gate and escorted through.

Once again, the Housing Office asks for your continued patience and appreciates the cooperation that you have extended to our Security guards.

We encourage residents to be suspicious about strangers, unidentified vehicles and/or abandoned parcels or other types of containers.

Report **ANY** suspicious and/or unusual activity to the Ft. Shafter **Military Police** at **438-7114/7116** or call **911**.

Supervisor's Corner

By LCDR Walt Wrzesniewski, USCG

Identity Theft

Aloha,

The FTC just reported that "Identity Theft" was the #1 consumer complaint for the last two years. It comprised 23% of all complaints in 2000 and 43% in 2001.

We recently had a young man report aboard. During his check-in with me, he disclosed that someone stole—and is using—his Social Security Number. This, of course, is identity theft, which could wreak financial and/or legal havoc in his life.

The ISC PERSRU and the D14 Legal Assistance Office are busy helping our shipmate, but he's in for some challenges.

Serendipitously, on the same day I checked this guy in, I read December's *Money Magazine*. In it, Jean Sherman Chatzky's monthly article was about identity theft. It's a short article that I thought was a timely way to alert Team Coast Guard.

Following is Ms Chatzky's article reprinted, exclusively, in your Blue Horizon, with the special permission of Money Magazine.

© 2001 Time Inc. All rights reserved.

Money Talk

By Jean Sherman Chatzky

To Catch a Thief

A scam artist explains how to guard against identity theft

As an avid mystery reader, I know that all great sleuths have one thing in common: an understanding of the criminal mind. In fact, Kinsey Millhone, Sue Grafton's private eye, has suggested that if she weren't chasing crooks, she'd be a pretty good one herself. So when I was offered the chance to talk with former scam artist and imposter Frank Abagnale about identity theft, I jumped at it.

Identity theft is a huge and growing problem. According to the Privacy Rights Clearinghouse, it claims half a million victims annually and costs financial institutions more than \$5 billion. Worse, the crimes themselves are becoming more sophisticated. Early identity thieves were happy to dig a pre-approved credit-card solicitation out of your trash and apply for a card in your name. Today they get loans, mortgages, even jobs. Then they let the Internal Revenue Service come after you for back taxes.

If it happens to you, you're basically on your own, although six identity-theft bills have been introduced in Congress, and Federal Trade Commissioner Timothy J. Muris says, "We're taking steps to make it easier for people who have been victims of identity theft to rehabilitate themselves."

The bottom line: In identity theft, as in football, your best offense is a good defense. The basic principle, says Abagnale, whose book *The Art of the Steal* came out in October, is to stay tight-lipped. Don't give out your Social Security number unless absolutely necessary. Don't print more than your